

The Sky Line Trail



VOL. 1 No. 3
May, 1934



Official Organ of the
Sky Line Trail Hikers
of the Canadian Rockies.

Printed in Canada.



Sky Line Trail Hikers on Wenkchemna Pass, 1933.

Photo by Dan McCowan.

The Annual Camp for 1934

Ho for the Yoho!

A more perfect setting for a hiking trip through the Canadian Rockies than the Yoho Valley region could not be imagined. Ice capped mountains, virgin forests of tall trees, waterfalls, glaciers, canyons, a pageantry of Alpine flowers, the chance of an occasional glimpse of Moose—good trails and well organized camps—these should make our meeting of August 3rd to 6th a truly memorable event. In order that the outfitters may have reasonable time in which to arrange for the necessary tents at Twin Falls, **reservations should be made without delay.** Write to Dan McCowan, Western Secretary, Sky Line Trail Hikers of the Canadian Rockies, Banff, Alberta, or to the Secretary-Treasurer, J. M. Gibbon, Room 318, Windsor Station, Montreal, Que.

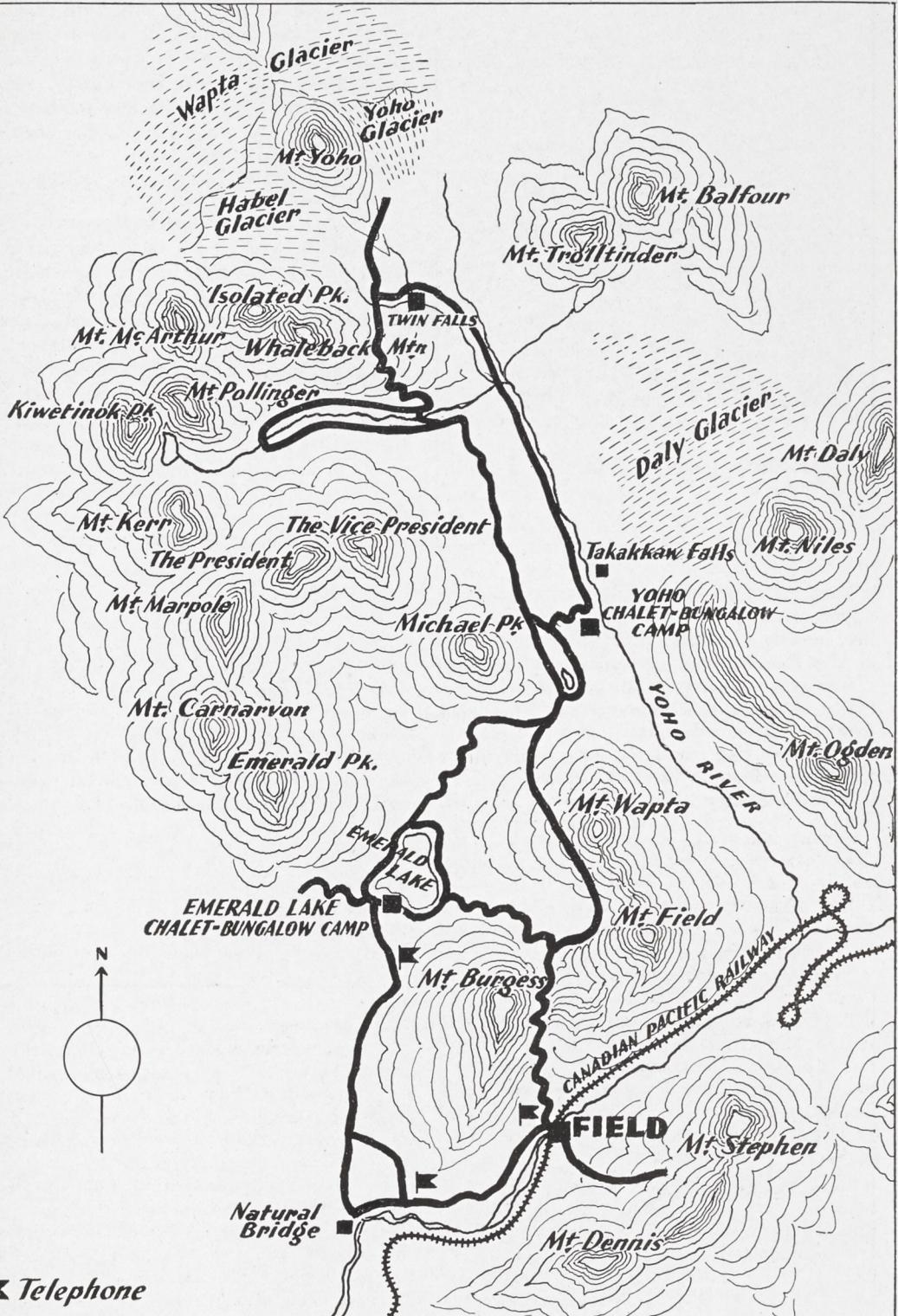
Present plans are to assemble at Emerald Lake Chalet on the morning of August 3rd, starting out after lunch over the Yoho Pass to the Yoho Valley Chalet-Bungalow Camp, seven miles distant. This will enable those who come by train either from the East or from the West to Field to reach Emerald Lake in time for the start. The first night will be spent in the Yoho Valley Chalet-Bungalow Camp, and the morning's hike on the second day will be to Twin Falls. The afternoon's programme will consist of a hike over the upper meadows to the Yoho Glacier, as the old trail to the Glacier is less interesting and the glacier itself has receded so far back in recent years.

Camp for this and also the second night will be at the Twin Falls Cabin, which by Captain Russell's permission will be supplemented by tent accommodation. The third day will be spent in hiking through the Little Yoho Valley, returning to Twin Falls Cabin. On the fourth day we shall hike over the high line trail back to the Yoho Valley Chalet-Bungalow Camp, where the Pow Wow will be held in the afternoon.

This will enable those who so desire to catch train or bus for Lake Louise and Banff, though many will wish to stay over and hike over Burgess Pass to Field, or continue their exploration of this beautiful Valley.

Rate for the 1934 Trail Hike \$25.00. This includes lunch at Emerald Lake Chalet and supper at Yoho Valley Camp on August 3rd, three meals each day on August 4th, 5th and 6th, cabin accommodation on the night of August 3rd, so far as available, supplemented by tents, as required; tent accommodation for the nights of August 4th and 5th at Twin Falls Cabin, supplementing the ten beds in the Cabin, which will be reserved for ladies.

The rate also includes cost of conveying duffle bags, sleeping bags and small grips from Emerald Lake by motor to Yoho Valley Chalet-Bungalow Camp and by pack train to and from Twin Falls Cabin, so that hikers may travel light. Those joining this trip should bring with them sleeping bag or three warm blankets, for the Twin Falls Camp. A limited number of blankets will be rented by the outfitter at \$1.00 each.



Map illustrating the proposed Sky Line Trail Hike through the Yoho Valley for 1934, August 3rd to 6th.

*The Summer Schedule of
Canadian Pacific
Trains as announced
is as follows:—*

Westbound arriving at Field—
No. 1—3.55 a.m.
Westbound arriving at Field—
No. 3—1.35 p.m.
(12.35 p.m. Pacific Time)
Eastbound arriving at Field—
No. 4—10.45 a.m. (Pacific Time)
Eastbound arriving at Field—
No. 2—7.00 p.m.

Stephen, at the base of which roars the turbulent Kicking Horse River on its way to join the mighty Columbia. Field is a railway divisional point between the Alberta and British Columbia districts of the Canadian Pacific; and here time changes from Mountain Time to Pacific Time, the latter being an hour slower.

To Emerald Lake. All the points in Yoho National Park at which accommodation is provided for visitors are linked up, either by road or good trail; and therefore Emerald Lake is not only of itself one of the most popular centres, but also the axis for excursions to other places. From Field it is seven miles out by motor to Emerald Lake, by a fine road through the hush of a scented pine-forest. Soon you reach Natural Bridge—an ineffective effort on the part of nature to curb the foaming passage of the Kicking Horse by choking the river bed with huge boulders. The road becomes Snowpeak Avenue—because at either end of its straight cathedral-stiff avenue can be seen a towering snow-capped mountain.

Yoho Park (area 476 square miles) immediately adjoins Banff National Park on the west, and lies, broadly speaking, on the descending slopes of the Rockies, with the President and Van Horne ranges as its western boundary. It is a region of charm and winsome beauty, of giant mountains and deep forests, of rushing rivers and sapphire-like lakes. Its principal river is the Kicking Horse, with the Ottertail and Yoho as main tributaries; its chief lakes are Emerald, Wapta, McArthur, O'Hara and Sherbrooke. The Canadian Pacific runs through the middle of Yoho Park, following the Kicking Horse River.

Field. Towering six thousand feet higher than the little town of Field is lofty Mount

The Chalet. Emerald Lake Chalet is built of great squared timbers fortress-like in their solidity, surrounded by rustic design chalets. The settlement now consists of three units—the original Chalet, the Club House, and the bungalows. The Chalet, recently enlarged, is along Swiss Chalet lines, with deep overhanging balconies. The Club House is what its name implies; it is an especial favorite at nights, either the verandah, with its magnificent sunset and moonlight views, or indoors, where a good floor for dancing, comfortable chairs for lounging, card-tables, a library and a great log fire provide entertainment for all.

EMERALD LAKE American
CHALET Plan
Field, B.C.

IN THE CANADIAN ROCKIES
(Open June 22 to Sept 10, 1934)

Transfer 7 miles

Between Field Station and
Chalet, \$1.00 per person each way.

Hand baggage free; trunk \$1.00
each way.

Single Room and Meals—without bath, \$7.00 per person; with bath, \$8.00 per person.

Double Room and Meals—without bath, \$6.50 per person; with bath, \$7.50 per person.

Lake Front Cabins and Meals—2 rooms with connecting bath, \$9.00 per person.

Special Reductions:

To guests staying one week or longer, or less than one month—a reduction of \$1.00 per person per day.

To guests staying one month or longer—a reduction of \$2.00 per person per day.

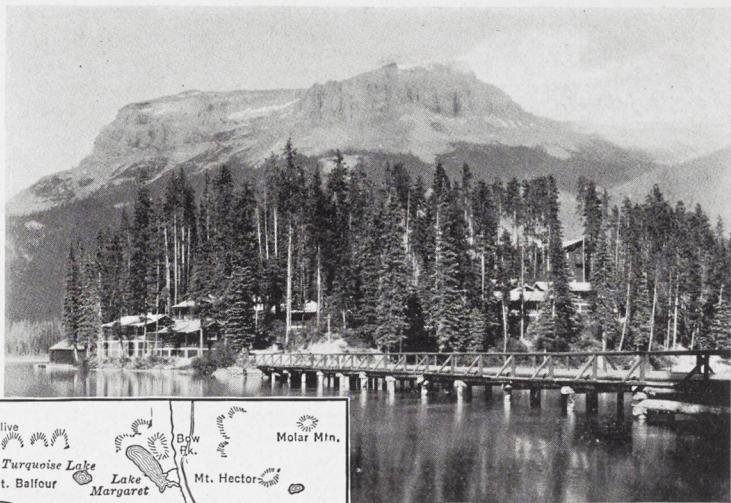
Children 7 years of age and under—half rates.

Meal Rates—

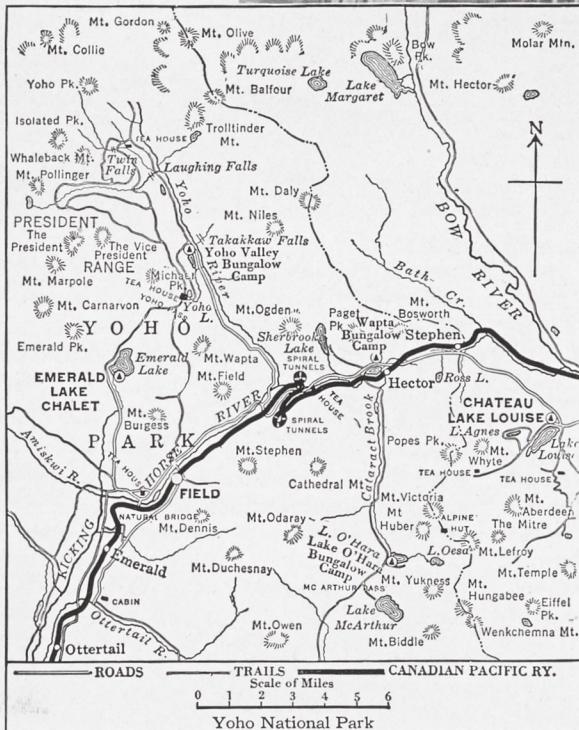
Breakfast \$1.00

Lunch 1.25

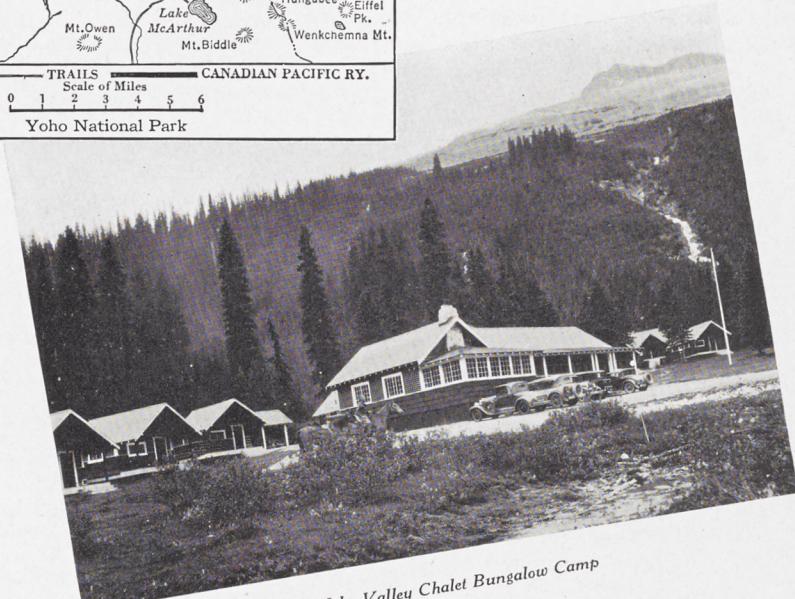
Dinner 1.50



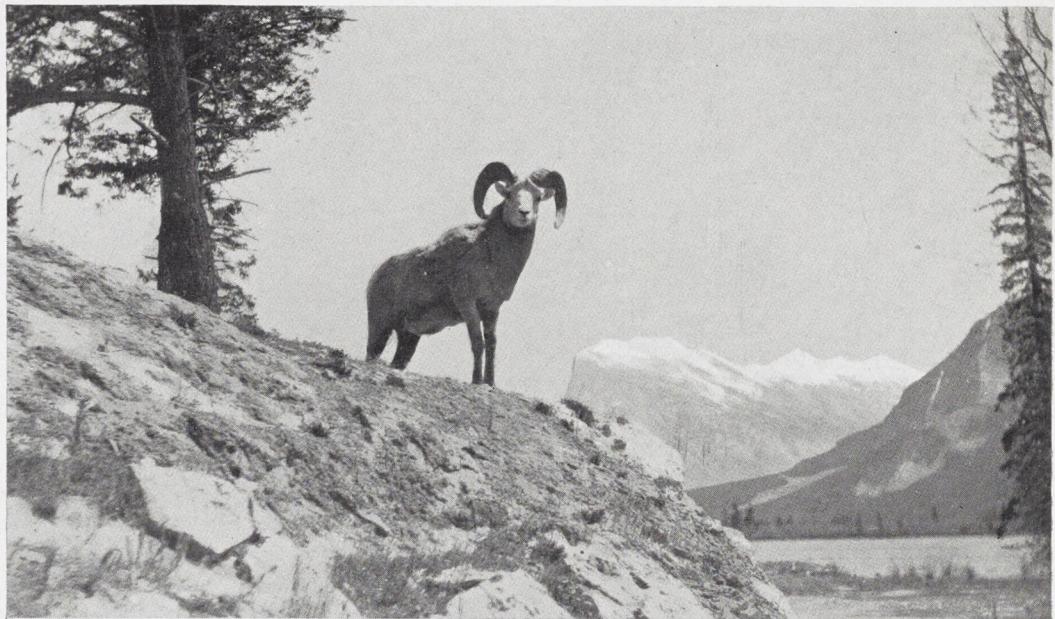
Emerald Lake Chalet



Yoho National Park



Yoho Valley Chalet Bungalow Camp



Rocky Mountain Sheep

Photo by Dan McCowan

Nature Study on Rocky Mountain Trails

Illustrations from photographs by Dan and Mary McCowan

INTIMATE Nature Study from the windows of a fast train or an onrushing automobile is rather difficult. The exquisite colour of a tiny lichen, the delicate odor of little flowers, the fine imprint of a minute fossil in the rock and the vesper song of a small bird may even elude the senses of those who, in holiday time, delight to range the hills astride a sure-footed but self-willed mountain pony. The Hiker, tramping on high trails at Lake Louise or rambling in the green woods around Banff is however in close communion with Nature, — has time, in this age of hustle and speed, to "stand and stare" at living things in woodlands and on mountain side, to enjoy to the full the splendour of sunset on snowy peaks and to admire the sparkle of dewdrops when the day is at the dawn.

In this article it is not the purpose of the writer to compil a list of the flora and fauna of the Canadian Rockies, but rather to tell of some of the most interesting plants and birds and animals which may commonly be seen in course of a Hike in this charming mountainous region.

Most prominent amongst the evergreen trees are the Lodgepole Pines whose thin straight stems make the best possible framework for the conical wilderness lodges called tipis. In the lower valleys the tall spires of White Spruce

stand in stately grace by lake shore or rivers edge. On hot summer days the exposed roots and gummy boles of these trees exhale a resinous odor that is pleasant to the nostrils. Veterans of the forest are the Douglas Firs, handsome in dark green foliage, rugged of bark and whose great sprawling roots straddle the woodland trails like the tentacles of a giant octopus. The smaller branches of young firs, if well filleted, make a tolerably good mattress for the bed of a hiker. Their eider-down qualities however are more apparent than real.

Lyall's Larch, a species of tamarack rooted far up on the mountain side, is a graceful, feathery tree. In early summer the swelling buds burst into small red tassels — in fall the foliage turns yellow and then there are coronets of gold on many high hills. Ere winter comes the needles are shed, the knobby twigs are entirely bare and thus with all sails furled the Larch is able to withstand the furious gales which sweep the snow from all the lofty plateaus.

From early Spring, when the first Anemone thrusts its blossom through the scarce-thawed soil, till late Autumn frosts have bowed the stems of the Asters, there is a glorious pageant of flowers in the Canadian Rockies, a pageant which the Sky Line Trail Hiker, walking on the floral carpet of a sunny Yoho meadow, may

enjoy to the full. The names of many mountain plants and shrubs,—Asphodel and Wintergreen, Saxifrage and Columbine, Kinnikinnic and Saskatoon are as music to the ear. The vivid colours of Alpine flowers are a delight to the eye. Never such blue as that of Larkspur or Forget-me-not, no orange so splendidly pure as the bloom of a Mountain Lily. The perfume from masses of Twin Flower, growing under the Pine Trees, is as incense in a holy place. To stand in the midst of acres of Alpine Rhododendrons opening their creamy blossoms to the morning sun,—to lie in the heath on a drowsy afternoon and watch the vagrant clouds sail on and on,—to sniff the fragrance of Balsam leaves when the cool of evening comes—of such precious things are dream days made in the calendar of those who walk on the winding trails at Banff and Lake Louise.

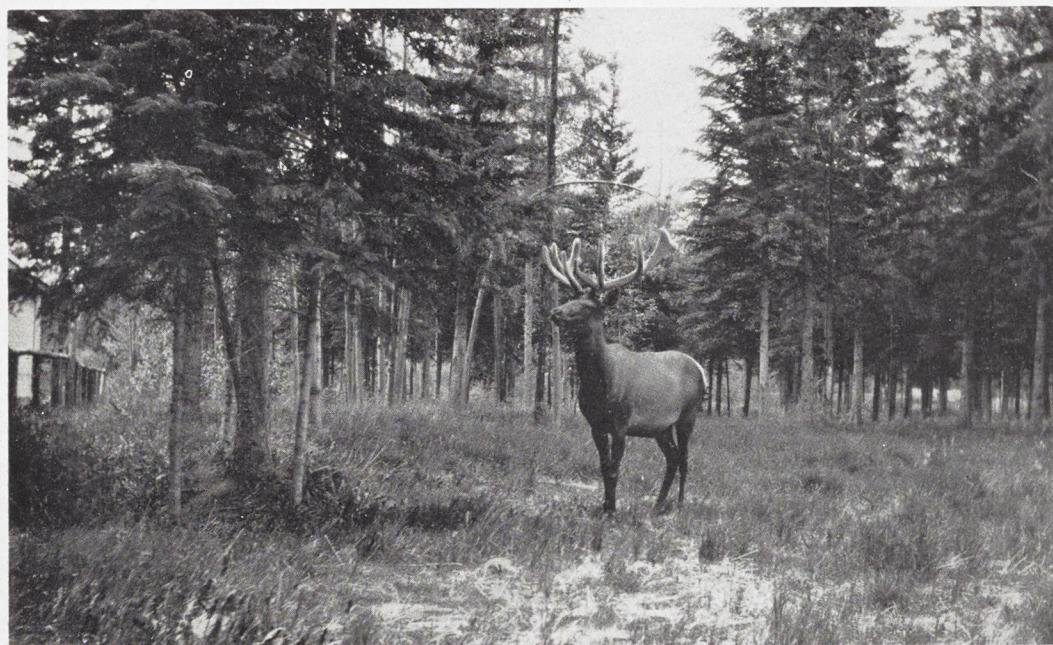
In the cool green underwoods many kinds of Orchids grow. On mossy banks by Spray River the White Moccasin and Calypso may be seen blooming profusely. Hooded Ladies Tresses, a late flowering Orchid having a flower head curiously braided, is generally found in marshy places. A very pretty Orchid is the Fly Spotted, indeed it is hard to understand why such a little floral gem should have been given a name so incongruous and so foul.

Resting by the trail side the hiker has frequent opportunity to observe closely some of the curious forms of plant life native to the Canadian

Rockies. Elephantilla, a purple plant, each tiny floret on the flower stalk being the exact duplicate in miniature of the head of an Elephant. Butterwort, growing in sour marshy soil, if of carnivorous habit, catching luckless insects in its outspread gummy leaves. The flower of this plant may easily be mistaken for that of the violet Asphodel, it has a very sticky stem, designed to frustrate robber ants intent on stealing nectar from the flower head. Red Indian Paint Brush is more or less of a parasite and has a flower that is not Red but Green.

On the pleasant woodland trails around Emerald Lake, the hiker may see many kinds of birds and will speedily become acquainted with one of the best known residents of the region, the Canada Jay. This enterprising and saucy bird, is of friendly disposition, the more so if his latest human acquaintance carries a meaty lunch in his rucksack. The handle of a frying pan is his favourite perch,—his capacity for bacon rind and other fatty substance is very great. From the most remote recesses of the forest he wings his distant flight, arriving at your noon resting place at the exact moment when you hungrily unwrap the paper from the toothsome sandwiches.

Clark's Crow, or Nutcracker, first cousin to the Canada Jay, is a medium sized grey crow having a very harsh voice and a somewhat quarrelsome disposition. This bird was formerly confined to a rather small area of the Rockies but in recent



Wapiti or American Elk at Banff



Descending from High Line Trail to Yoho Valley Bungalow Camp



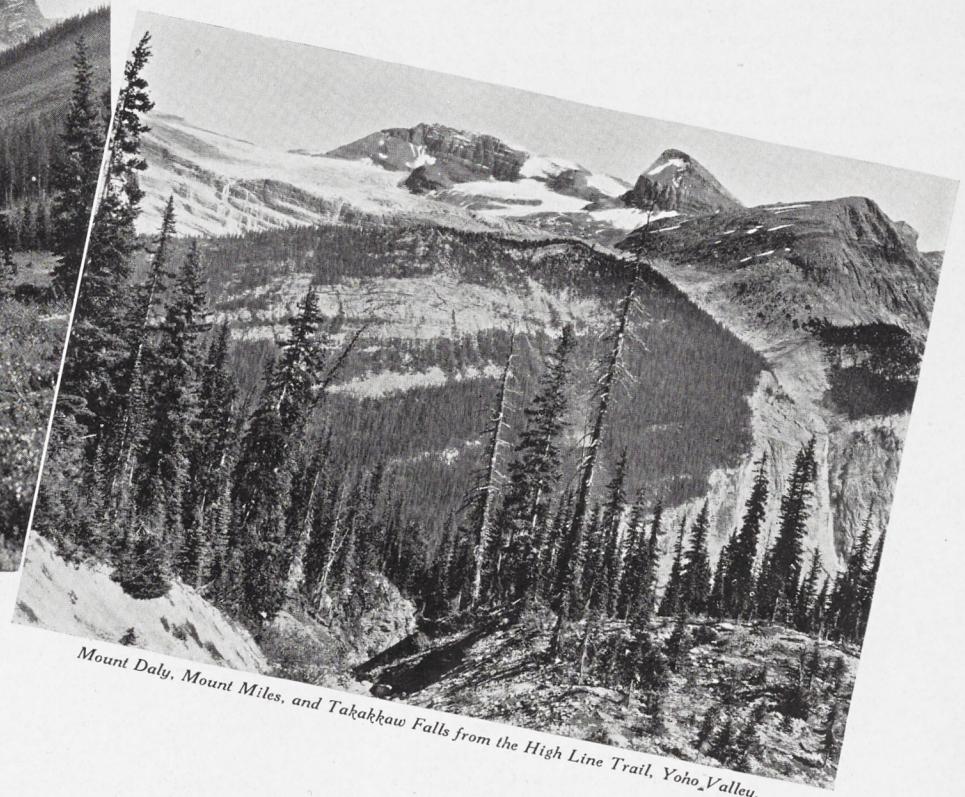
Mount Cathedral which dominates the Yoho



Looking up Little Yoho Valley to President and Kiwetinok Mountains.



...nates the Southern End of
Valley.



Mount Daly, Mount Miles, and Takakkaw Falls from the High Line Trail, Yoho Valley.



Yoho Glacier at the head of Yoho Valley.

Photos by Associated Screen News.

years has greatly extended its range. It is suspected of robbing the nests of the several varieties of Grouse such as Franklins Grouse or Fool Hen, Ruffed Grouse and Richardsons Grouse. The latter bird is a frequenter of the high trails, its favourite haunts being on sunny slopes where tree growth is sufficient to afford covert from Hawk or Eagle. The drumming of a Ruffed Grouse, caused by rapid beating of the wings while the bird struts back and forth on a fallen tree trunk, will frequently cause the hiker to halt and listen in the hope that a glimpse of the drummer may be had.

Far above the upper limit of tree growth, on the clean high moorlands, lives the Whitetailed Ptarmigan. It is pre-eminently a bird of the Sky Line Trails, feeding on buds of False Heather, nesting under the south side of an overhanging boulder, clucking contentedly as it leads a small brood of chicks along a sunny hillside. During summer the feathers are grey-brown in colour. In winter the plumage of this dweller in Cloudland is white as the snowy wastes of its habitat. Golden Eagles are not uncommon in the vicinity of Moraine Lake, the great bronzed birds being fond of soaring high above the ramparts of Mount Temple and of coursing the length of Consolation Valley in quest of furred or feathered prey. The Grey-crowned Rosy Finch, sometimes seen on the lawns at Chateau Lake Louise, is a bird that nests at high altitudes and is familiar to pedestrians on lofty plateaus in the Rockies. Male Humming Birds resort to the summits of mountains just prior to their long journey to southern lands, — the females, being then fully occupied in attending to the wants of the hungry nestlings, have no time for sight-seeing flights. The Mountain Bluebird is common where the trails lead through sparsely timbered country. There is no mistaking this bird of the azure plumage, the sight of an adult bird in early summer being worthy of note in the journal of the trail hiker. In the neighbourhood of almost any mountain torrent the mellow fluting of the Water Ouzel may be heard. This little bird is light hearted enough to sing cheerily at all seasons and in all weathers.

An abundance of animal life in the greenwoods and on the mountain slopes at Banff and Lake Louise affords the hiker ample opportunity to see and perchance to photograph many creatures of the wild in their native haunts. The red Squirrel, a noisy chattering tell-tale, zig-zags along the trail like a fallen leaf in an autumn breeze, and, suddenly makes a frantic dash to safety in a tree top. The principal source of



On the Sky Line Trail, McArthur Pass

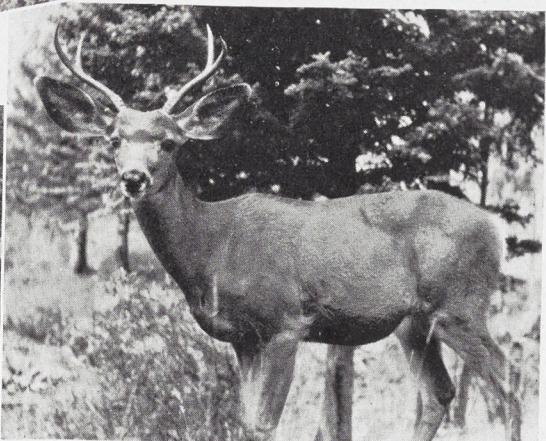
food of this animal is spruce, pine and fir tree seed. It also eats freely of fungi, consuming large quantities of the kinds that, to a human being, are deadly poisonous. The Porcupine, although literally armed to the teeth, is no swashbuckler, rather does he desire to be permitted to be left alone and to fret over his troubles in solitude. He feeds on tree bark and, in season, is fond of the leaves and stems of Great Willow Herb or Fireweed. On a windy day the Porcupine delights to roost in the top branches of a tall poplar tree, there swinging to and fro like an inverted pendulum. Columbia Ground Squirrels, commonly called Gophers, are present on almost all mountain meadows. Living in underground chambers, where Hawks and Eagles may not come, they are sorely harried by Grizzly Bear which unearth them with great ease and devour them instantly. The wiser ones burrow under the strong tough roots of the large larch tree. A light footed creature is the Chipmunk, common in all parts of the Rockies. Sitting partly on a sun-warmed boulder, scurrying nimbly along the trunk of a fallen tree, or bending tall grass stems to come at the seeds, this elfin of the wilderness seems singularly carefree and happy. In the rough rubble of fallen rocks, where the trail winds around massive boulders, Marmots are basking in the sun. The clear shrill whistle of these Alpine Woodchucks echoes eerily in an otherwise silent glen. Next door neighbour to the Marmot is the Cony, a small animal that in appearance resembles a Guinea Pig, that moves like a mechanical toy and gives voice in a plaintive rubber-doll squeak. This diminutive dweller in the rocks is locally called Rock Rabbit despite



Hoary Marmot



White-tailed Ptarmigan



Mule Deer



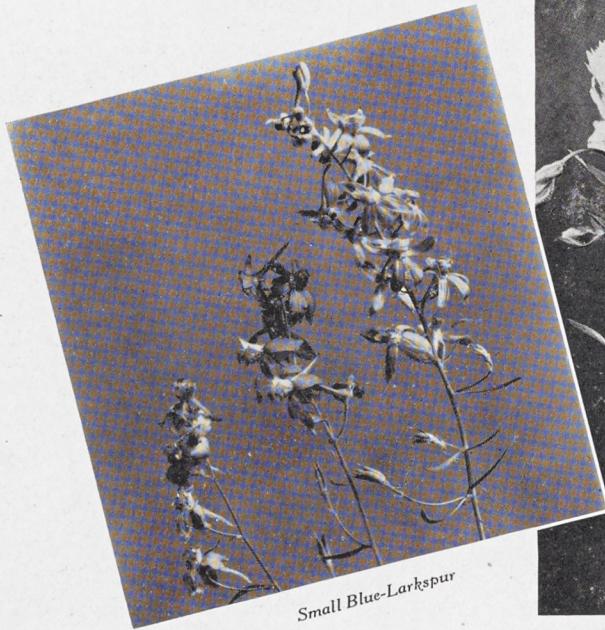
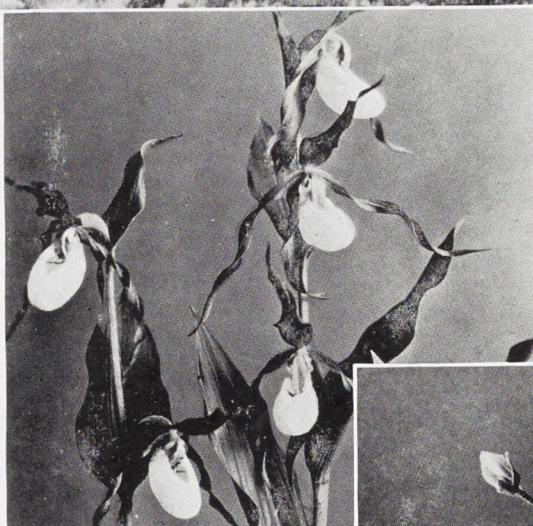
Porcupine

Black Bear



*Big-Horn Sheep of
the Canadian Rockies
near Banff*

*White
Ladies'
Slipper*



Small Blue-Larkspur



Indian Paint-Brush



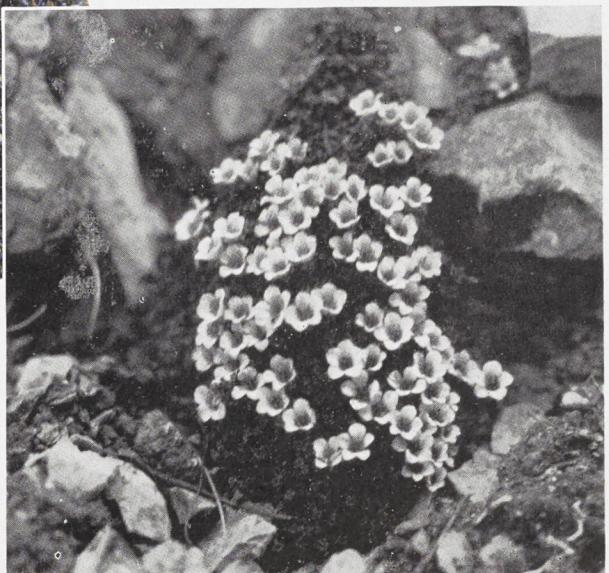
Fleabane



Iceland Poppies at Lake Louise



Wood Nymph (Dryas)



Alpine Saxifrage

the fact that it is actually a Hare, having, like all true Hares, a spare pair of incisor teeth in the upper jaw. Where the pathway leads by stream or lake, the traveler on foot may hear the sudden splash of a Muskrat or watch the Beaver at work.

Coyotes are by no means rare on mountain trails at Banff but the Lynx and the Cougar are seldom seen. Black Bears are most in evidence around camping places, where free meals are likely to be had. These shaggy animals are comparatively harmless, yet care should be taken in near approach to a Bear at any time. The Grizzly Bear is now a dweller in the remote solitudes of the Rockies, avoiding the presence of man whenever and wherever possible.

To the Sky Line Trail Hiker the sight of a fine group of Big Horn Rams is common, but never commonplace. White Goats are in recent years becoming more abundant in the region, the steep cliffs and rugged crags around Lake O'Hara being a favourite haunt of these sure footed mountaineers. The greenwoods give shelter to many Mule Deer; willows fringing the valley trails afford fine browsing to great-antlered Moose; on high green pastures large bands of Wapiti feed contentedly.

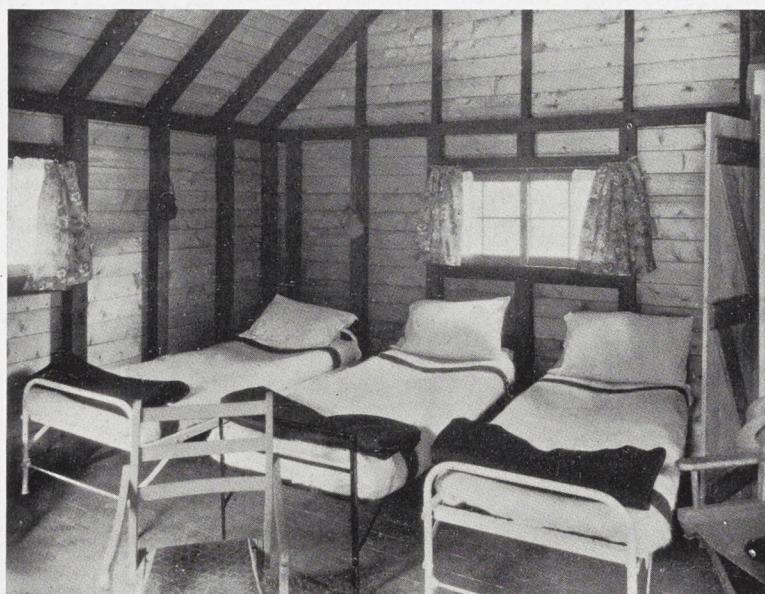
Hiking, in itself, is a splendid recreation. When one may travel afoot on good safe trails in the midst of sublime and inspiring mountain scenery, where animals and birds are plentiful and wild flowers bloom profusely, the miles seem short, the grades easy, the rucksack light.



At the end of the hike

Suitable Outfit for Mountain Hiking

Woollen underwear. Woollen golf stockings. Short skirt, Knickerbockers or riding breeches. Climbing boots with Swiss edge nails, or blank corks or hobnails. No light heels. Sweater—not very heavy. Flannel shirt. Drinking cup—rubber or collapsible aluminium. Belt with knife (scout) attached. Waterproof match box and matches. Light raincoat or cape. Light rucksack to carry lunch, coat, etc. Goggles—preferably greeny-blue or greeny-brown. Cold cream or other complexion grease to prevent sunburn.



Interior of Cabin at Yoho Chalet Bungalow Camp.

Rates at Yoho Chalet- Bungalow Camp

\$5 per person per day, with reduction of 50c. per person per day to guests staying a week or longer. Guests requiring accommodation for portions of day will be charged as follows:

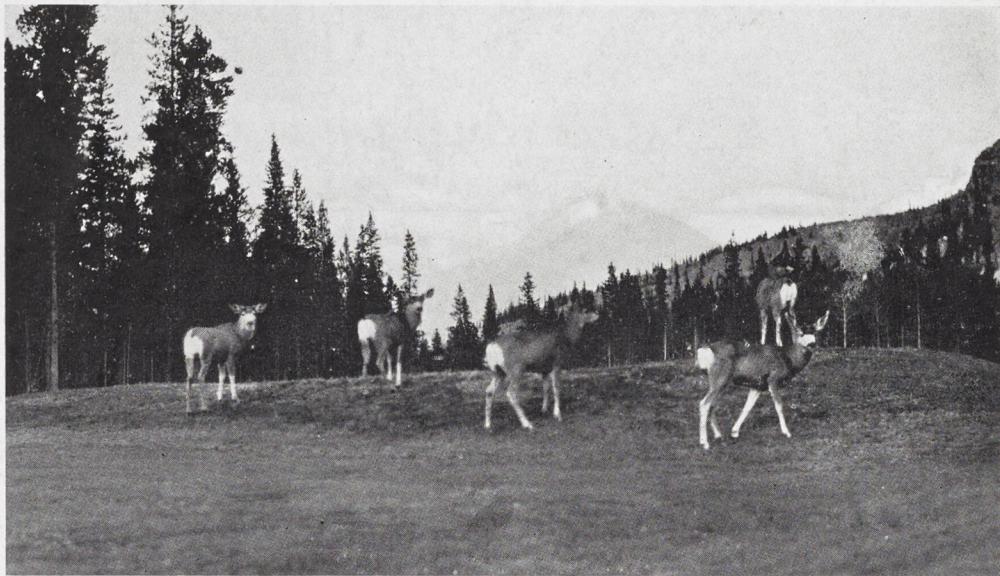
| | |
|---------------------|--------|
| Breakfast | .75 |
| Lunch | \$1.00 |
| Dinner | 1.25 |
| Cabin (per person) | 2.00 |



Hiking is popular in England

Photo by Fox Photos

There are 30,000 members of the Youth Hostels Association which includes among its officers the Archbishop of York. H. R. H. the Prince of Wales is keenly interested, and recently opened the Dervent Hall Hotel — one of the many comfortable inns established for the benefit of hikers in the Old Country.



Deer on the Golf links at Banff.

Sky Line Trail Hikers

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Hon. Vice-President:
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J. M. WARDLE (Banff)

LIST OF FIRST FIFTY MEMBERS WHO QUALIFIED IN AUGUST 1933

Aemmer, Rudolf, Lake Louise, Alta.
Armbrister Fred., Nassau, Bahamas.
Angus, J. A., Banff, Alta.

Hains, Douglas, Montreal, Que.
Harbison, Thomas B., Philadelphia, Pa.
Harbison, Miss Helen D., Philadelphia, Pa.
Harmon, Byron, Banff, Alta.
Houston, Miss Martha I., Lethbridge, Alta.

Roden, Mrs. Frank, Toronto, Ont.
Roden, L. B., Toronto, Ont.
Roden, Mrs. L. B., Toronto, Ont.
Rungiis, Carl, Banff, Alta.

Bain, A. D., Lake Louise, Alta.
Booz, Miss Elizabeth, Washington, Pa.

Joice, Miss Margaret G., Saskatoon, Sask.
Lynch, Daisy, Winnipeg, Man.

Sanson, N. B., Banff, Alta.
Somerville, Ian C., Philadelphia, Pa.
Sussdorff, Louis, Jr., Washington, D.C.

Crosby, L. S., Banff, Alta.

Moore, Colonel Philip A., Banff, Alta.
Moorhead, Miss Margaret H., Bassano, Alta.
McCormick, Chauncey, Chicago, Ill.
McCormick, Roger, Groton, Mass.
McCowan, Mrs. Dan, Banff, Alta.
McCowan, Dan, Banff, Alta.

Walker, Major W. J. Selby, Calgary, Alta.
Ward, Samuel, Banff, Alta.
Watts, Miss Freda E., London, England.
Wilson, Miss Betty, Banff, Alta.
Wilson, Miss Bernice, Banff, Alta.
Wilson, Mrs. John C., Banff, Alta.
Wheeler, A. O., Sidney, B.C.
Wheeler, Mrs. A. O., Sidney B.C.
Whyte, Peter, Banff, Alta.
Whyte, Mrs. Peter, Banff, Alta.

d'Laitre, John, Wayzata, Minn.

Page, Miss Isabel W., Philadelphia, Pa.
Palenske, R. H., Chicago, Ill.
Pickard, Frank A., West Concord, Mass.
Pollard, Harry, Calgary, Alta.

Engelhard, Miss Georgia, New York, N.Y.
Erminger, Miss Bertha, Chicago, Ill.
Erminger, Miss Carolyn, Chicago, Ill.
Erminger, Mrs. H. B., Jr., Chicago, Ill.

Fenz, Ernest, Lake Louise, Alta.

Gibson, J. M., Montreal, Que.
Gibson, A. Murray, Fleet, Hants, England.
Gow, Dr., Banff, Alta.
Graves, S., Lake O'Hara, B.C.